



What's New

From the Army Physical Fitness Research Institute

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APFRI Recognizes March as National Nutrition Month

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One size doesn't fit all. The My Pyramid Plan can help you choose the foods and amounts that are right for you. Visit the My Pyramid website at MyPyramid.gov for an interactive and quick estimate of what and how much you should be eating.

Keep an Eye on Portion Size

What is the difference between a portion and a serving?

A "portion" can be thought of as the amount of a specific food you **choose** to eat for dinner, snack, or other eating occasion. Portions, of course; can be bigger or smaller than the recommended food servings.

A "serving" is a unit of measure used to describe the amount of food **recommended** from each food group. It is the amount of food listed on the Nutrition Facts panel on packaged food or the amount of food recommended in the Food Guide Pyramid and the *Dietary Guidelines for Americans*.

For example, 6-11 servings of whole grains are recommended daily. A recommended serving of whole grains is 1 ounce of bread or 1/2 cup of rice or pasta. People often confuse the recommendation to mean 6 to 11 *portions* with no regard to size. It is not 6-11 portions where a portion is an extra large bowl of pasta, rather it is a 1/2 cup of pasta. It is reasonable to eat several *servings* from the grain group at one meal, but remember to recognize the *portion size*. For example; 1 cup of oatmeal and a 3 oz whole wheat bagel would equal 5 servings of grains for the day. Keep an eye on portion size to see how your portions compare with the recommended servings.



Tips for Eating Healthy when Eating Out

- As a beverage choice, ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- In a restaurant, start your meal with a salad packed with veggies, to help control hunger and feel satisfied sooner.
- Choose main dishes that include vegetables, such as stir fries, kebobs, or pasta with a tomato sauce.
- Ask for whole wheat bread for sandwiches.
- Ask for salad dressing to be served on the side, dip the fork into the dressing then pick up some salad.

Did you know... That healthy adolescents and adults may reduce their risk of cardiovascular disease by consuming one to two servings a week of fish higher in Omega-3 fatty acids such as salmon, sardines or herring.

From the Army Physical Fitness Research Institute

Heart-Healthy Eating Tips

- Some things in life come with built-in rewards. Heart-healthy eating is one of them. If you make the effort, you can reduce your risk factors for heart disease and stroke such as high blood cholesterol, obesity, and high blood pressure. What you eat can affect how you feel.
- "Eating less saturated fat, trans fat and salt," is one of the biggest rules of heart-healthy eating. You may want to reduce intake of fatty meats, high fat dairy products and highly processed meats and baked goods to achieve this goal.
- Eating less of the harmful fats can help lower blood cholesterol levels and weight (especially when you are also physically active).

Put together a colorful assortment

- Eat a wide variety of foods to be sure you get the nutrients your body needs each day. Make whole grains, vegetables and fruits the foundation of your meals. Be flexible and adventurous -- try new choices from each food group in place of any less-nutritious or higher-calorie foods you usually eat. Substituting healthier foods for less healthy ones is smart.
- Here is some advice about eating foods from different categories.
 - Eat more fruits and vegetables -- at least five servings a day. A good-sized salad that includes five different vegetables such as lettuce, cucumbers, tomatoes, carrots and red bell pepper can equal 3-4 vegetable servings! Have your dressing on the side to control the fats, sodium and calories you eat.
 - Eat six or more servings each day of whole grains such as whole wheat, oats/oatmeal, rye, barley and corn (good sources are breads, cereals, brown rice or whole-wheat pasta). Also try popcorn, wild rice, buckwheat, cracked wheat, millet, quinoa and sorghum.

Future Issues:

Don't miss the April issue which will cover:

- Alcohol Awareness
- Foot Health
- Plant sterols and your cholesterol



The importance of breakfast

- Eating breakfast is one of the most important things you can do for your body. Your body needs refueling after a night's sleep. A healthy breakfast jumpstarts your system. It raises your metabolism and provides the fuel you need to get going. Studies show that eating breakfast improves academic and job performance, stimulates creativity and prolongs life. Eating a heart-healthy breakfast of fruit, fiber, and protein can set the tone for smart food choices for the rest of the day.
- Eat breakfast even if you aren't hungry. Make yourself hungry by eating an earlier dinner and skipping those late-night snacks.
- Prepare as much as possible the night before. Set out plates, toaster and skillet as needed. Cut up fruit. Make low-fat muffins.

Some breakfast is better than no breakfast

- A healthy diet includes five or more servings daily of fruits and vegetables. Get a jump start by eating two fruits at breakfast -- one to start with and one on your cereal.
- Running late? Grab a piece of toast, an apple or a small whole-grain muffin.
- Eating breakfast out? Avoid Danish pastries, croissants and oversized bakery muffins. Choose fruit, half a bagel or yogurt instead. Skip the bacon, sausage and other high-fat side orders.
- The more *whole grain* a product contains, the more high quality protein you will get from that product.

Did you know... a 12-ounce can of soda pop contains the equivalent of 10 teaspoons of sugar; drinking one can of soda a day can add up to 15 extra pounds in a year!

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